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Bangalore Mirror

TEMP Max 26 | Min 21 | Humidity 78% Scattered Thunderstorms Sensex 78,675 | Nifty 23,883 | Gold 75,087 | Silver 89,380 | Dollar 84.38 | Euro 89.55 | GBP 107.82

Bengaluru sends just 47.6 tonnes of construction & demolition waste each day for processing, while as per a conservative 2017 report, it generates 875 tonnes daily

RUBBLE TROUBLE

Almost 95% of waste being dumped here and there?

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Between April and October this year, Bengaluru has sent barely 10,000 tonnes of Construction and Demolition (C&D) waste for processing.

The city's two authorised C&D recycling plants received 461 tonnes of the waste in April, 696 tonnes in May, 776 tonnes in June, 390 tonnes in July, 1,628 tonnes in August, 2,233 tonnes in September, and 3,690 tonnes in October.

Roughly calculated, these numbers translate to 47.6 tonnes of waste every day being sent for processing.

"We have received approximately a little over 9K tonnes of C&D waste for processing over the last seven months at both our facilities. Looking at the extensive development that Bengaluru is undergoing, this is just a drop in the bucket. Despite various measures taken by the state pollution control board and BBMP to streamline the waste from large generators and corporations, these entities have failed to cooperate," said Rajesh Korah, co-owner of

CONTINUED ON PAGE 8 »

"The average monthly waste that the BBMP's authorised recycling plants are receiving is not even 3% of their total capacity. The municipal body should ensure that the plants run at least 50% of their total capacities

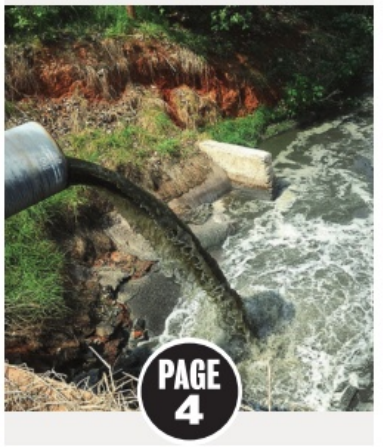
— Solid waste management expert

UNHEALTHY SCAM

Non-existent companies created to fraudulently enroll people in ESIC programme busted

DIRT FLOW

BBMP's Rs 175 crore K-100 project faces sewage inflow issues; concrete ring method questionable



3 THINGS TO DO

01 Into rocky terrain

Discover the hidden gems of Hyderabad's rocky terrain through "Other Kohinoors, The Rocks of Hyderabad," an exploration of Hyderabad's ancient rock landscapes and their cultural and historical significance. This film reveals how these majestic formations have shaped the region's identity over millennia. Entry is free for the event.
Where: National Gallery of Modern Art
When: November 13, 5:30 pm

02 Movie night: Back to '90s

Join in for an unforgettable movie experience, featuring the iconic Hindi movie 'Dil To Pagal Hai.' Get ready for an open-air night under the stars, complete with cosy poolside seating, delicious munchies, and all the magic of cinema and nostalgia. Gather your friends, mark your calendar, and plan your perfect movie night at Bengaluru's premium outdoor venue.
Where: Moxy Airport Road
When: November 16, 7:30 pm

03 Magic in city

The World Famous Magician PC Sorcar (Porush) is back in town after five years, casting a spell-binding performance through his Mega Magic Show, "Indrajala." 'Indrajala' is drawing in a modern audience with fresh innovations, captivating surprises, and a unique blend of traditional and contemporary magic. Designed to reach everyday people caught up in the world of technology, the show offers a mesmerising escape. **Where: Town Hall, JC Road; When: November 16, 17 & 18**

Employee health scheme scam: Loopholes turn money-spinner

Central crime branch officers bust health card misuse in ESIC racket in city; accused set up fake companies, documents to gain illegal access

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The Organised Crime Wing (OCW) of Bengaluru's Central Crime Branch (CCB) recently exposed a sophisticated scheme involving five individuals, including an auditor, who allegedly created non-existent companies to fraudulently enroll people in the state's Employee State Insurance Corporation (ESIC) program. This scheme allowed ineligible individuals to obtain government-provided E-Pehchan health cards, granting access to free medical facilities meant for legitimate beneficiaries. According to the FIR, the racket was instrumented by Sridhara V, a security guard at the ESIC hospital in Rajaji Nagar, who, with four associates, operated the scam for nearly two years. Acting on an anonymous tip, the CCB launched an investigation on November 1. They found that Sridhara, alongside associates Ramesh, Shivaganga, Swetha, and Shashikala, exploited flaws in the health card system. By forging records, they allowed hundreds of people to gain illegal access to ESIC benefits.

Fake companies & forged records

The accused reportedly set up four fake companies on paper, listing hundreds of people as "employees" to qualify them for health cards. Those wanting access to free ESIC medical services were reportedly charged thousands by the accused. Investigators found that the main accused used their influence to falsify records. Shashikala, an auditor from Diwanarapalya, Yeshwanthpur, allegedly helped create fake documents and insurance papers for the scheme. A raid on her office uncovered numerous forged documents, further revealing the scale of the fraud.

Authorities estimated that the scam has cost the government lakhs of rupees. It not only drained state resources but may have also kept genuine employees from accessing these medical benefits. The accused have been booked under cheating and forgery, and further investigation is on.

'The scam not only drained state resources but also deprived many genuine employees from accessing medical benefits'

Rave party case: CCB officials under scrutiny for alleged bribery, sex favours

A group of officials from the Central Crime Branch (CCB) is under investigation after a city-based RTI activist filed a complaint with the Karnataka State Human Rights Commission (KSHRC), accusing them of demanding bribes and sexual favours from women detained in a May raid on a rave party near Bengaluru.

The KSHRC has directed the Bengaluru City Police Commissioner to conduct a thorough inquiry and submit a report by November 21. The complaint, filed by Vijay Dennis, founder and president of the Karnataka RTI Workers Seva Samithi, alleged that the CCB officials involved in the raid demanded sexual favours, a bribe of ₹10 lakh, and fabricated medical reports to incriminate the detained women.

The raid in question occurred on May 19 at the GR Farmhouse in Hebbagodi, near Electronic City, where a party themed 'Vasu's Birthday: Sunset to Sunrise Victory,' organised by Hyderabad-based L Vasu, was underway. CCB officials arrested five individuals at the scene and detained an additional 101 people for questioning. Blood samples were collected from the detainees to test for illicit drug use.

Among those arrested was Telugu actress Hema Kolla, who, along with 85 others, later tested positive for narcotics. They have since been charged under the Narcotic Drugs and Psychotropic Substances (NDPS) Act. The KSHRC's directive calls for an unbiased investigation into the alleged misconduct by CCB officials during the raid.

HC stays FIR against man over endorsing Modi in invitations

The Karnataka High Court on Monday issued a stay on criminal proceedings against an individual who was charged with including a message on his wedding invitation requesting guests to vote for Prime Minister Narendra Modi instead of giving wedding gifts. Justice M Nagaprasanna, presiding over a single judge bench, issued the interim directive while addressing a petition submitted by Shivaprasad.

The HC issued notice to the respondents stating, "There shall be an interim order of stay of all further proceedings, qua the petitioners, till the next date of hearing." The petitioners sought to nullify the FIR filed against them under Section 127A of the Representation of the People Act, 1951, which deals with restrictions on printing pamphlets and posters. The petitioners' counsel, Advocate Vinod Kumar M, contended that the wedding invitation was printed on March 1, well before the election announcement. He noted that the election press note implementing the model code of conduct was issued on March 16, hence the action did not constitute an offence under Section 127A.

Issue of marriage certs by Waqf Board unheard of in law: HC

The HC expressed on Tuesday that the government order empowering the Waqf Board to provide marriage certificates to married Muslim applicants had no legal precedent. This observation came during the hearing of a petition by A Alam Pasha. The petitioner sought to invalidate the government order dated September 30, 2023, issued by the under secretary to government, Minority, Waqf, and Haj Department, arguing it contradicted the Waqf Act, 1995, and should be deemed ultra vires to the Act.

Chief Justice NV Anjaria and Justice KV Aravind remarked, "This September 30 order that authorises the Waqf Board to issue marriage certificates is unheard of in law. Show us the power under the Waqf Act by which it can issue the certificates." Next hearing is scheduled for November 21.

Bike taxi case updates

The HC on Monday reserved its verdict in the Rapido case, where the bike taxi aggregator's parent organisation requested the state government to register two-wheelers as transport vehicles and grant appropriate permits under the Motor Vehicles Act.

Justice BM Shyam Prasad, who presided over the case for three years, is expected to deliver the judgement in early December.

The company sought to nullify a government directive from July 19, 2021, which opposed bike-taxi services. The court issued an interim order in 2021, preventing authorities from taking punitive actions against the company's bike taxis. **— BMB**

Robberies involving house helps cracked

Police urge caution while hiring foreign nationals as it is difficult to track them down

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Police have arrested multiple suspects in high-profile theft cases involving domestic workers, a house burglar, and an extortion ring, recovering over ₹1 crore in gold, silver, cash, and vehicles.

The Commissioner of Police B Dayananda has urged caution when hiring foreign nationals as domestic workers. He said that when foreigners steal from homes, investigations become more complicated, as suspects may flee to other countries, making it difficult to apprehend them and bring them back. He advised that preventive measures should be taken at the outset, urging residents to be vigilant before hiring foreign workers.

Domestic helps arrested

Two domestic workers of Nepali origin, employed by a family in Jayanagar for over two years, allegedly orchestrated a heist by drugging the complainant's father who was alone at home at the time while he was drinking alcohol causing him to lose consciousness. The suspects stole 2 kg 510 grams of gold jewellery, 450 grams of silver items, and ₹5 lakh in cash, collectively worth ₹1,12,26,000.

On October 30, police apprehended three suspects of Nepali origin at Balagere Road in Varthur. The trio confessed to the theft, revealing that the stolen items had been split among them, while two accomplices managed to escape.

The police recovered 1 kg, 600 grams of gold, 450 grams of silver, and a two-wheeler used in the crime.

Another 25-year-old B.Com graduate who worked as a domestic worker was arrested for stealing gold jewellery worth ₹12 lakh from the home where she was employed. The theft came to light on October 31, 2024, when a resident of Anjanadri Layout under the Konanakunte Police Station filed a complaint. According to the complainant, the family had worn gold ornaments on October 6 to observe the festival of Dasara, and had later stored them in an iron box. However, during preparations for Lakshmi Puja on October 31, they discovered the gold was missing.

CRIME FILES

The family suspected the caretaker, hired to look after the complainant's elderly mother-in-law, who had access to the home from October 23 to October 31. Following the complaint, Konanakunte police tracked the caretaker to her residence on BG Road.

Extortion ring busted

Four miscreants were arrested for robbery and attempting to stab three African nationals in the city. The Bagalagunte police recovered an 11-gram gold chain, three mobile phones, two two-wheelers, and cash. The accused have been identified as Abhishek, Ahmed, Bharath, and Shreyas, aged between 26 and 28, all residents of Bagalagunte. The police said that on October 23, three African nationals residing in Dooreswami Palya were followed to their home by the four accused, who forcibly entered the house. The miscreants threatened the trio with a knife and demanded cash and gold chains. When they refused, Abhishek stabbed one of the foreign nationals and stole three mobile phones, an 11-gram gold chain, and Rs 5,500 in cash. The foreign national escaped with minor injuries and filed a complaint with the police.

Burglary bust yields ₹25 lakh in stolen goods

Police have arrested a man involved in multiple home thefts, recovering stolen items worth approximately ₹25 lakh, including 208 grams of gold jewellery, 1 kg 100 grams of silver, and ₹2.5 lakh in cash. The investigation began on October 11, 2024, when a resident of Konanakunte Cross reported the theft of 182 grams of gold, 200 grams of silver, and ₹5 lakh in cash from his home.

Malleswaram Police have arrested two individuals linked to a recent house burglary, recovering 57.5 grams of gold jewellery and a two-wheeler used in the crime, with an estimated total value of ₹4.5 lakh.

2 die as bus crashes into mishap scene

Two people died in an accident late Monday night on the BB Main Road Flyover near Legacy Apartments in Yelahanka, involving three vehicles - a cement bulk carrier truck, a car, and a BMTC Volvo bus.

The incident happened around 11.20 pm when a cement truck rear-ended a car. Following the minor collision, both drivers Kuldeep Kumar (42) the truck driver, and Jagadeesh (40) the car driver stepped out and were standing between their vehicles on the flyover, apparently discussing the accident.

Minutes later, around 11.25 pm, a speeding BMTC Volvo bus, en route from Hebbal to Devanahalli collided with the cement truck from behind. The impact forced the bulk carrier forward, tragically striking both drivers.

Kuldeep Kumar died instantly due to the severe injuries sustained. Jagadeesh was rushed to Ashwini Hospital, where, despite medical intervention, he was pronounced dead. **BMB**

BMTC driver assaulted

In yet another incident of road rage, a BMTC bus driver was assaulted and the SJ Park police arrested a 32-year-old mechanic on Tuesday near Corporation Circle.

The accused, identified as Mujahid, a resident of Kalasipalya, attacked the driver following a minor collision between the two vehicles.

The incident occurred as Mujahid was riding his scooter, carrying his tools, towards City Market when the BMTC bus reportedly brushed against his two-wheeler. Enraged, Mujahid overtook the bus, forced it to stop, and then approached the driver's window, where he began striking it in anger.

Alert passengers and the bus driver quickly intervened, restraining Mujahid, who was subsequently handed over to the SJ Park police. **BMB**

K-100 project stalls amid sewage inflow and delays

BBMP's ₹175 crore canal project faces challenges, pollution issues, and incomplete infrastructure handovers

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The BBMP's (Bruhat Bengaluru Mahanagara Palike) K-100 project, designed to restore the natural water flow in polluted drainage canals, faces scrutiny over its ability to meet the expectations set by the Arkavati rejuvenation initiative. As part of this plan, significant infrastructure is being developed along the Koramangala Channel (K-100), which stretches 9.2 kilometres from KR Market to Bellandur Lake, a vital ecosystem in the city. With a budget of ₹175 crores, the project intends to enhance the canal's aesthetics while serving as a sustainable waterway.

Sources said that one of the primary objectives of this initiative is to prevent untreated sewage from entering the canal, allowing it to be used solely for rainwater runoff. However, the continuous inflow of sewage is a challenge that the municipality is struggling to control. This raises concerns about whether the ₹175 crores allocated for the project will effectively address these issues, given that the awarded contractor must complete the work within ten months and ensure its operation for five years. The project's implementation has been delayed despite its promising start three years ago under the Star program, and the contract is still incomplete.

In parallel, a Science Park is being constructed near the entrance of the waterway in Shantinagar to raise awareness among children about science. The work is being undertaken by a private firm. However, there are concerns that heavy rains could cause flooding, damaging the scientific instruments. "The construction of retaining walls and underpasses on either side of the waterway has been completed. Additionally, there are ongoing efforts to implement greenery, decorative lighting for nighttime aesthetics, granite installations, landscaping, pedestrian pathways, and grills. Bridges have also been built on both sides of the canal for easier access. However, a portion of the land near Ejipura, which is under the jurisdiction of the defence department, has yet to be handed over, hindering the completion of the waterway construction. The municipality intends to develop a garden on this land," said an official.

> **"To address the problem of sewage treatment in waterway, BBMP has engaged an Israeli company to devise solutions** – Official

In response to the ongoing issue of sewage flowing into the waterway, the BBMP has installed concrete rings within the canal and introduced a plant which is expected to purify the polluted water. However, many citizens are questioning the efficacy of this approach, arguing that if nature could purify sewage water, there would be no need to spend ₹175 crores on this project. They suggest that simpler solutions, such as using flower pots designed to absorb sewage, could have been considered.

The initiative aims to prevent untreated sewage from entering canal, allowing to carry only rainwater runoff

An official said, "To address the problem of sewage treatment in the waterway, the BBMP has engaged an Israeli company to devise solutions for treating the wastewater, which will involve separate funding. Previously, approximately 120 million litres per day (MLD) of sewage was flowing into this canal, but this volume has reportedly been reduced to between 5 and 8 MLD. We are optimistic that they will soon halt the discharge of wastewater altogether."

However, in reality, the canal continues to receive sewage despite the ₹175 crores spent on its development. A sewage treatment plant with a capacity of 5 MLD has been established near Kumbargundi. Meanwhile, the BWSSB (Bangalore Water Supply and Sewerage Board) is constructing its own intermediate sewage pumping station with a capacity of 15 MLD at its own cost. The canal also receives chemically contaminated sewage directly from several dyeing units around KR Market and Vivek Nagar, as well as from polluted areas and vehicle service stations that discharge oil-contaminated waste.

Cooler days ahead: Light to moderate rains expected

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After a brief dry spell, rain is expected to return to Bengaluru, with many areas experiencing drizzle on Tuesday. A generally cloudy sky, along with light to moderate rain or thundershowers, is likely in the coming days. The city's maximum and minimum temperatures are predicted to be around 26°C and 21°C, respectively, marking a drop in daytime temperatures after a period of warmer weather.

Dr N Puviarasan, a scientist at the Indian Meteorological Department (IMD), explained that a low-pressure area over the southwest Bay of Bengal, near the coasts of north Tamil Nadu and south Andhra Pradesh, remains active. The associated cyclonic circulation reaches up to 4.5 km above sea level, tilting southwest with height. Additionally, a cyclonic circulation over the southeast Arabian Sea near the Kerala coast extends up to 0.9 km above sea level, while a trough from the southwest Bay of Bengal to the west-central Bay near North Coastal Andhra Pradesh has become less pronounced. Forecasts indicate isolated heavy rain and thundershowers in Chikkamagaluru, Kodagu, Hassan, and Mysore districts. Light to moderate rainfall is likely in many parts of South Interior Karnataka and some areas along Coastal Karnataka, while North Interior Karnataka can expect light rain in isolated locations.

With Bengaluru experiencing fluctuating weather patterns, doctors are noticing a significant rise in patients with respiratory infections and viral fevers. The shift from hot, dry days to cooler, rainy

weather has led to an increase in cases of viral infections, coughs, colds, and other respiratory issues. Dr Krishnamurthy K, a general physician said, "With the recent rains and temperature dips, we're seeing more patients, especially those with respiratory issues. Sudden changes in humidity and temperature create ideal conditions for viruses to spread and worsen respiratory symptoms. The surge is especially pronounced among children, the elderly, and individuals with pre-existing respiratory conditions like asthma or bronchitis. Children and older adults are particularly vulnerable to these fluctuations. Their immune systems are more sensitive, and they tend to contract infections easily when the weather shifts. Patients with underlying health conditions, such as diabetes or cardiovascular issues, are also experiencing complications due to the sudden weather change. City doctors recommend extra precautions, including wearing masks to prevent viral spread, using hand sanitisers, and staying hydrated. As Bengaluru prepares for more rain in the coming days, doctors advise residents to monitor symptoms closely and seek early medical intervention if they experience any respiratory discomfort. It's crucial to stay cautious during this season to avoid complications."

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Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Debris uncleared
Bhoopasandra

Two months ago, cut leaves and tree trunks were dumped in a vacant lot across from the Vinayaka Layout park in Bhoopasandra. Despite complaints, the debris remains uncleared.

Road danger
JP Nagar

The main road in Gaurav Nagar, JP Nagar 7th Phase, is damaged after excavation work and poor repairs by authorities, with loose stones dangerous to pedestrians.

Exposed wire
Lottegollahalli

This high-tension cable, meant to be buried underground, remains exposed due to poor work. With heavy traffic around the junction, the live wire poses a potentially fatal threat.

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Speeding delivery agents, slow down

Continuing the special drive against the e-commerce delivery riders, the Bengaluru Traffic Police on Monday booked 5,979 cases targeting various traffic rule violations and collected ₹30,57,200 in fines.

The drive identified a range of infractions, with "Riding Without Helmet" emerging as the most frequent offence, accounting for 523 cases and generating ₹2,62,500 in fines. "No Parking" violations followed closely, with 1,260 cases leading to ₹6,14,000 in penalties. Both offences underscore a recurring issue where riders prioritise speed over safety and legal parking protocols.

Other common violations included "Using Mobile Phone" while riding (179 cases, ₹86,000 in fines), "Traffic Signal Jump" (281 cases, ₹1,33,300), and "Triple Riding" (146 cases, ₹85,500).

CRIME FILES

Drugs worth Rs 10 Lakh seized

In a major crackdown, the Jigani Police arrested six inter-state drug dealers and seized narcotic substances, including chocolates and ganja, worth Rs 10 lakh. The police seized approximately 60 kg of narcotics, which were being distributed to local factory workers and students.

The breakthrough came on November 6 when police intercepted a goods vehicle near Jigani Lake. The vehicle was found carrying half a kilogram of ganja and five chocolates. The operation led to further investigations. From the accused, a significant amount of drugs was seized: 2,880 charas chocolates weighing 400 grams from, 6,240 charas chocolates (31 kg 200 grams) and 960 charas pastes (4 kg 800 grams). In total, the seizure amounted to approximately 60 kilograms of charas and ganja paste. The drugs were reportedly sourced from Mahalakshmi Pharma Company in Konsura, Uttar Pradesh, and were transported by train to Bengaluru.

Four arrested in bike racket

Jigani Police busted an inter-state bike theft racket, seizing 21 luxury bikes worth Rs 25 lakh and arresting four thieves. A special investigation team, including Crime Branch officials, was formed to tackle the rising thefts.

After analysing CCTV footage from areas where the bikes were stolen, and gathering intelligence from informants, the team arrested four individuals and identified a total of seven accused, including three notorious criminals involved in multiple legal disputes. The accused were connected to bike theft cases spanning several police jurisdictions, including Jigani, Suryanagar, Anekal, and Attibele police stations in Bengaluru.

The operation led to the seizure of 21 luxury motorcycles valued at approximately Rs 25 lakh.

Prof Thimmappa passes away

Former Bangalore University Vice-Chancellor Professor MS Thimmappa passed away early Tuesday at a private hospital in Bengaluru. Prof Thimmappa, 82, was undergoing treatment at Apollo Hospital for a brain injury sustained in a fall at his home on October 11. Complications from other health issues, including high blood sugar and prostate cancer, made further treatment, including surgery, difficult.

Prof Thimmappa served as Registrar of Bangalore University for two terms and as its Vice-Chancellor. As a professor of psychology, he guided numerous doctoral and MPhil students while leading the Department of Psychology for many years. Renowned for his engaging personality and strong interpersonal connections, he left a lasting impact on students and colleagues alike. He was set to celebrate his 83rd birthday on Nov 14.

Financial disputes spark murder

Two individuals have been arrested in connection with the murder of 44-year-old Jayamma, whose body was discovered on Friday in Hongasandra. The suspects, identified as Suresh (43), Jayamma's cousin, and Umesh (33), her son, have been taken into custody.

Bommanahalli police confirmed the murder resulted from financial disputes. Jayamma had sold land for ₹30 lakh, leading to frequent arguments with Umesh, who demanded his share. Police revealed the murder was premeditated.

Inquiry against CCB officers

Karnataka State Human Rights Commission (KSHRC) has directed the Commissioner of Police to conduct an inquiry against Lakshmi Narayan and Srinivasa Gowda of Central Crime Branch (CCB) and submit an action report on or before November 21.

Based on a complaint lodged by Vijay Dennis, founder and president of Karnataka Right To Information Workers Save Samiti, KSHRC member SK Vantigodi issued an order on October 7 directing the Commissioner of Police to conduct an inquiry into allegations.

In a complaint to the KSHRC, Vijay Dennis alleged that police officers took Rs 10 lakh bribe instead of taking action against the accused persons. He has also lodged a complaint with Karnataka Lokayukta against the two police officers. "The police did not include the main accused's name after taking the money," he said. —**Y Maheswara Reddy**

Kambala race halted by HC

The second Kambala race of this season, which was supposed to be held in Pilikula in Dakshina Kannada on November 17, has been drawn to a stand by the Karnataka High Court.

The direction to halt the upcoming event was given by HC on Tuesday, after hearing the petition filed by People for the Ethical Treatment of Animals (PETA) that sought restrictions on the event in Pilikula that was being organized next to Pilikula Biological Park.

"The Court ordered on Tuesday that the event slated to be held in Pilikula on November 17 will not happen till our petition is heard on November 20," said a PETA representative.

In the next session, the Court will bring the Pilikula Development Authority on record. PETA filed a new amendment application citing the issue of noise pollution during the Pilikula event next to a biological park.

—**Garima Pasher**

SOUTH WESTERN RAILWAY

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Dated: 06.11.2024

The undersigned, on behalf of the President of India, Invites E-Tenders for the following work:

Item of work	Approx. Value
Baiyyappanahalli (BYPL) - Dharmavaram Jn. (DMM) Section: OHE modification in connection with proposed extension of Rd 6 to 580 m duly slewing Road 5 and modification in goods circulating area in Dodballapur (DBU) Station.	Rs. 1,03,73,653.03/-

Last date for submission of bids:
Upto 15:00 Hrs. on 28.11.2024

For details log on : www.ireps.gov.in

Sr. Divisional Electrical Engineer/Traction Distribution/Bengaluru

PUB/558/AAMO/PRB/SWR/2024-25

South Western Railway - SWR | SWRRLY | SWRRLY

Site in ownership tussle

Despite South Western Railway authorities having acquired land, ownership has not been transferred yet

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The lack of coordination between KR Puram Tahasildar, Assistant Commissioner of Bengaluru North, and South Western Railway authorities may burn holes in the pockets of people who want to buy sites at Chinnapanahalli in Mahadevapura Zone.

The South Western Railway authorities have acquired the land required for expanding the rail network and compensated the land owners. As per the norms, the revenue authorities have to take measures to transfer the ownership of the land to the South Western Railway. This has to be reflected in the revenue records pertaining to the land that was acquired by the South Western Railway.

However, the revenue records reflect the name of those owners, who gave the land and availed compensation till date, despite the South Western Railway authorities advising the revenue authorities, including the Assistant Commissioner and the tahsildar, to change the ownership of the land in the revenue records.

The documents available with Bangalore Mirror state that some of the owners, who gave away their land to the South Western Railway after availing the compensation, have availed khata for the same land.

"There is a chance of gullible prospective buyers losing money if they happen to enter into an agreement with these landowners based on the land records and khata certificates," said a resident of Chinnappanahalli.

It may be recalled that Assistant Divisional Engineer/Track, South Western Railway, wrote a letter dated December 9, 2022, to Tahsildar, Bengaluru East, KR Puram, for incorporation of the South Western Railway name in RTC of survey nos. 19, 23, 24, 25, and 38 of Chinnappanahalli Village, KR Puram, against land acquisition gazette notification.

"In respect of the above subject, as the Railway has taken up the mission of updating its land records and reconciliation of land parcels acquired through Gazette notifications. In particular, it is considered to take up those survey nos. that are susceptible to external encroachments as a first priority. Therefore, it is hereby requested to incorporate the name of South Western Railway in RTCs of survey number 19 (0A-37G), survey no. 23 (0A-30 G), 24 (3 acres and 9 guntas), 25 (5/8 guntas), 38 (26 guntas) of Chinnappanahalli," the letter addressed to tahsildar read.

South Western Railway in association with NDRF conducting a Mock Drill (File photo)

> **Buyers may lose money if they enter into an agreement based on the land records and khata certificates**
>
> –Resident

The Assistant Director (Land Records) wrote a letter to Tahsildar on March 22, 2023, stating that the South Western Railway authorities want to incorporate the name of South Western Railway in the RTC of survey numbers of the land acquired by the South Western Railway.

Meanwhile, the Special Tahsildar, Bengaluru East, KR Puram, wrote a letter on July 24, 2023, to the Assistant Director (Land Records) requesting that a report be prepared stating that the land belongs to the South Western Railway.

However, nothing has been done to incorporate the name in the RTC of survey numbers of the land acquired by the South Western Railway. When contacted, the Assistant Commissioner has said that he would direct the Tahsildar of Bengaluru East to incorporate the name in RTC of the survey numbers of the land acquired by the South Western Railway.

Study reveals role of 3D environments in influencing bacterial survival and growth

A study from the National Centre for Biological Sciences (NCBS) has uncovered how 3D environments influence bacterial growth and survival. By using 3D models to mimic natural settings such as mucus and soil, researchers found that the shape of bacteria plays a crucial role in their ability to thrive in complex environments.

According to researchers, for over 300 years, scientists have studied bacteria primarily using liquid cultures or flat 2D plates in laboratory settings. While this approach has been convenient and essential for biological research, it does not accurately represent the natural 3D environments bacteria encounter in soil, mucus, or plant and animal tissues. Consequently, bacterial growth in these complex settings with diverse material properties remains largely unexplored

"From decades of past research using simple liquid or flat plates, we have learnt that mutations, chemical signals, and behavioural patterns all affect bacterial physiology. But bacteria inhabit a wide range of environments—from the soil beneath our feet to the mucus lining our guts. So, we wondered: How would such physical differences in their environment impact their survival?" explains Sreepadmanabh M, the study's lead author.

2016 illustration provided by the Centers for Disease Control and Prevention depicts Bordetella pertussis bacteria based on electron microscope imagery

To replicate mucus-like mechanical environments in the lab, researchers used carbomer—a common thickening agent in creams and gels. This enabled them to create a 3D model that mimics the viscosity, stiffness, and porosity of mucus while remaining optically transparent to allow high-resolution visualisation of bacterial cells and colonies

Using computational simulations and microscopy, the team discovered that rod-shaped bacteria thrive much better than spherical bacteria in highly confined spaces, as they can elongate and disperse their progeny more effectively during growth. In contrast, spherical bacteria form tightly clustered colonies where those in the center struggle to access air and nutrients, resulting in slower, less efficient growth. To investigate whether rod-shaped bacteria possess special genes that provide unique survival advantages, the researchers transformed them into spherical shapes without impacting their health or growth rate. They found that, under high confinement, these spherical bacteria were unable to match the growth performance of their rod-shaped counterparts.

> **For over 300 years, scientists have studied bacteria primarily using liquid cultures or flat 2D plates in laboratory settings**

"These findings completely change the way we think about how microbial populations survive and adapt across diverse ecological settings. We show that there exists a rich class of regulation through the mechanical environment that decides the fate of microbial communities. Our work opens the door for future questions, such as how evolutionary fitness can all be modulated by the physical constraints imposed by an organism's surroundings," states Dr Tapomoy Bhattacharjee, the principal investigator of the study.

HEALTH TIP: The citric acid content in lemons is remarkably high, aiding in purifying the liver

As lemon tea is acidic, it's best to limit yourself to no more than three cups a day

BangaloreMirror | 7
Wednesday, November 13, 2024
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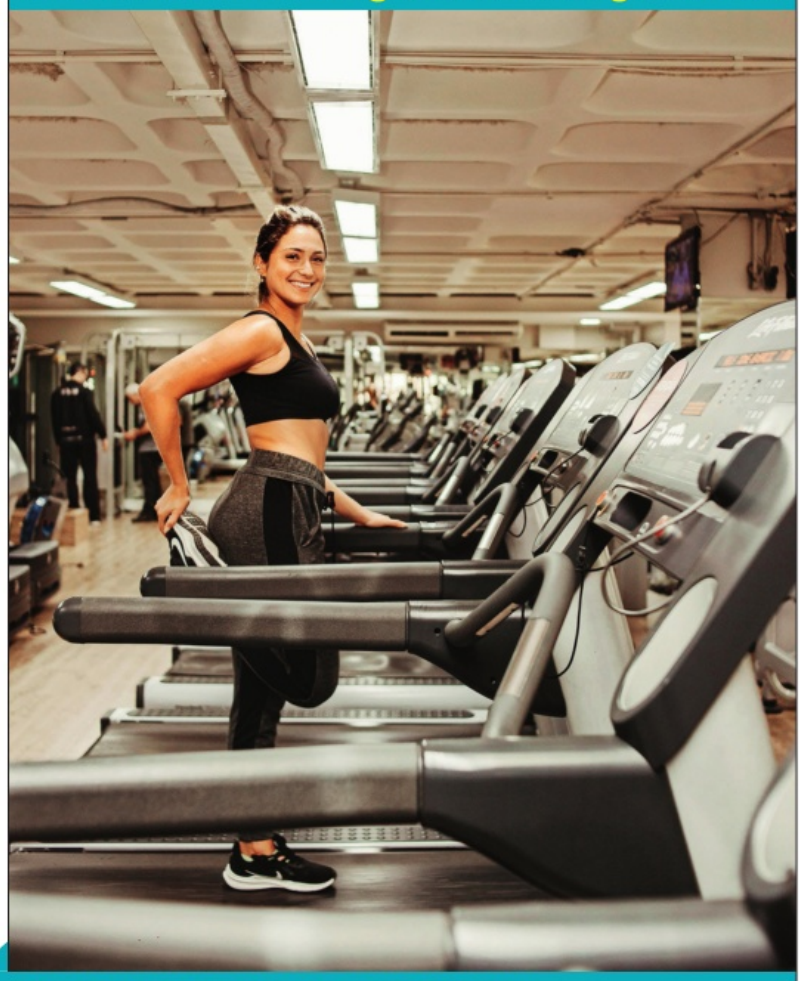
SLIM PICKINGS

15 best exercises for weight loss according to science



Embarking on a journey to lose weight often involves a combination of regular physical activity, a balanced diet, and overall lifestyle adjustments. Exercise is a key component of this process, helping to burn calories, build muscle, and improve overall health. Let's look at some exercises for weight loss that provide a well-rounded approach to achieving your fitness goals.

Walking

Walking burns calories, and weight loss is essentially a result of burning more calories than you consume. The number of calories burned depends on factors such as your weight, speed, and duration of walking. Consistency is crucial for weight loss, and walking can be done regularly without requiring special equipment or a gym membership.
A 12-week study of 20 women with obesity found that walking for 50–70 minutes 3 times per week reduced body fat and waist circumference by an average of 1.5% and 1.1 inches (2.8 cm), respectively.

Jumping rope

Jumping rope is an excellent and efficient exercise for weight loss. It offers a full-body workout and can be a fun way to burn calories. Jumping rope engages multiple muscle groups, including the legs, core, arms, and shoulders. This means you're working various parts of your body simultaneously, helping to improve overall fitness and burn more calories.

Jogging Or Running

Running is a higher-intensity activity than jogging. It typically involves a faster pace and greater impact on the joints. If you're new to exercise or have joint concerns, starting with jogging and gradually progressing to running may be a good approach. Researchers have found that jogging and running can help burn visceral fat, commonly known as belly fat.

Cycling

HIIT workouts are typically shorter than traditional steady-state cardio sessions. This makes it easier for people with busy schedules to incorporate effective workouts into their routines, increasing the likelihood of consistency.

Hiking

Hiking provides an opportunity to enjoy the outdoors, which can positively impact mental well-being. Being in nature can reduce stress and improve mood, potentially reducing emotional eating or stress-related weight gain.

Swimming

Yes, swimming is a great exercise for weight loss. Regular swimming can boost metabolism, helping the body burn calories more efficiently even when at rest. One study on competitive swimmers found that the most calories were burned during the breaststroke, followed by the butterfly, backstroke, and freestyle. [3] Building and maintaining lean muscle mass through swimming contributes to an increased metabolic rate. In fact it can be, one of the fastest weight loss exercises.

Strength training

One 6-month study showed that doing 11 minutes of strength-based exercises three times per week resulted in an average 7.4% increase in metabolic rate. [4] Strength training improves overall functional fitness, making daily activities easier to perform. This increased physical capacity can encourage a more active lifestyle, contributing to weight loss. In addition, studies have shown that your body continues to burn calories many hours after a weight-training workout, compared with aerobic exercise.

Yoga

Exercise for weight loss at home for females includes Yoga which encourages awareness of your body and its sensations. This heightened awareness can lead to better self-care, including making healthier food choices and being more attuned to your body's hunger and fullness cues helping with weight loss. While all forms of yoga offer benefits, more active styles like vinyasa, power yoga, or hot yoga may provide a more vigorous workout that contributes to weight loss.
A 12-week study of 60 women with obesity found that those who participated in two 90-minute yoga sessions per week experienced greater reductions in waist circumference than those in the control group — by 1.5 inches (3.8 cm), on average.

Pilates

Pilates emphasizes the activation of the core muscles, including the deep muscles of the abdomen, lower back, and pelvic floor. This core engagement helps improve posture and provides a stable foundation for other movements.

Kickboxing

Kickboxing incorporates strength-building elements, such as kicks and punches, which can help build and tone muscles. Increased muscle mass contributes to a higher resting metabolic rate, promoting weight loss.

Rowing

Rowing machines offer various workout options, including steady-state rowing, interval training, and different resistance levels. This variety helps keep workouts interesting and challenging.

Burpees

Burpees are a high-intensity, full-body exercise that can be an effective component of a weight loss program. Incorporating burpees into your workout routine can contribute to calorie burn, increased metabolism, and improved cardiovascular fitness.

Stair Climbing

Whether you're climbing actual stairs or using a stair climber machine, this activity engages multiple muscle groups and provides a cardiovascular workout. It's a simple yet effective form of exercise that can be one of the best exercise for weight loss.

Interval Training

Interval training, often referred to as high-intensity interval training (HIIT), is a form of cardiovascular exercise that alternates between short bursts of intense activity and periods of rest or lower-intensity exercise. This training method has gained popularity for its efficiency in burning calories, improving cardiovascular fitness, and promoting various health benefits.

—Femina

FREQUENTLY ASKED QUESTIONS

What is the most effective exercise for weight loss?
- The best workout for fat loss females can be high-intensity exercises like HIIT, running, and swimming are effective, but consistency and a balanced diet are key.

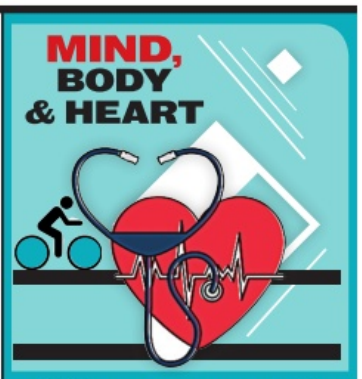
How to lose 5 kg in 10 days?
- Rapid weight loss may not be healthy. Focus on a sustainable diet and exercise plan including jogging, walking or pilates for long-term results.

How can I lose 5 kg in 15 days at home?
- Extreme measures are not recommended. Exercise for weight loss at home can include opting for a balanced diet, and regular exercises such as yoga, stair climbing or kickboxing, and consult a professional.

Can I get slim in 7 days?
- Healthy, sustainable weight loss takes time. Quick fixes may not lead to lasting results. However, exercise for weight loss in 7 days including consistent strength training can help keep you in shape.

How to reduce belly fat?
- Combining cardiovascular exercise, strength training, and a healthy diet can help reduce overall body fat, including belly fat.

Key Takeaways
- Consistent, long-term exercise and a balanced diet are crucial for sustainable weight loss.
- Combining different types of exercises for weight loss enhances overall fitness.
- Weight loss varies based on factors such as genetics, metabolism, and lifestyle choices.
- Incorporating both physical activity and a healthy diet is the most effective strategy for weight loss.



All you need to know about...

Frailty & dementia

Increases risk
An Australian-led international research has found that frailty increases a person's risk of developing dementia.
The study, which was published on Tuesday by the University of Queensland, analysed data collected between 1997 and 2024 from 29,849 people aged 60 and over in the United States and Britain. Of those, 3,154 developed dementia, reports Xinhua news agency.
It found a link between frailty and dementia that researchers believe could boost the prevention of neurodegenerative conditions.

What is frailty?
Frailty is a health state related to ageing where organ systems lose their resilience, making a person more likely to experience falls, disability and hospitalisation.

9-year mark
David Ward, lead author of the study from the university's Center for Health Services Research, said that, among the 3,154 analysed people who developed dementia, frailty increased and accelerated nine years prior to a dementia diagnosis.
"This suggests frailty is not merely a consequence of undetected dementia but contributes to its onset," he said.

Targeted intervention
"By understanding the connection between ageing, frailty and dementia, we can use targeted intervention strategies to reduce risk and improve quality of life," he said.
He said that the study supports integrating frailty screening into routine health check-ups.

What is dementia?
According to the World Health Organisation, dementia, a term for several diseases that affect memory, thinking and behaviour, affects over 55 million people globally. —IANS

Hardly any waste reaches BBMP's recycling plants

CONTINUED FROM PAGE 1

Rock Crystal, Bengaluru's only fully functional and authorised C&D waste recycler, with the total capacity of 1,750 tonnes a day.

Experts say, that with the increase in the number of buildings, expansion of urban infrastructure such as roads, bridges, flyovers, and metro, and demolition of old buildings, an immense amount of C&D waste is being generated in the form of debris, building materials, etc.

A report titled 'Utilisation of Recycled Produce of Construction & Demolition Waste - Ready Reckoner' released by the Buildings Materials & Technology Promotion Council (BMTPC), Ministry of Housing and Urban Affairs (MoHUA) in 2018, estimated that 100 million tonnes of C&D Waste is generated in India annually.

When it comes to Bengaluru, a report by the Central Pollution Control Board (CPCB), in 2017, conservatively estimated that Bengaluru alone generates 875 tonnes of C&D waste per day.

Under-estimation

City-based solid waste management experts say this is a gross underestimation of the amount of this waste being generated in the city. However, going by this estimation, on average Bengaluru is processing hardly 5% (47.6 tonnes/day) of the total waste, leaving nearly 95% of this harmful waste unattended.

"There are no accurate estimates of construction and demolition waste generation in the city. However, even the grossly underestimated and old number of 875 tonnes per day indicates that nearly 95% of this harmful waste is being thrown across the city and in the water bodies.

The average monthly waste that the BBMP's authorised recycling plants are receiving is not even 3% of their total capacity. The municipal body should ensure that the plants run at least 50% of their total capacities," said a solid waste management expert.

A recent study on C&D waste conducted by the Center for Science and Environment (CSE), a Delhi-based NGO, highlights that while cities across the country are expected to see a marked increase in generation of construction and demolition (C&D) waste, lack of management would only lead to higher air pollution. If not fully recovered and recycled, construction waste can turn into a major polluter choking our cities.

It underlines that plant operators do not get sufficient C&D waste as feed for the recycling plants owing to inefficient waste collection and leakages in the system as they lose out on the potential revenue that can be generated from the sale of recycled products.

"The role of the authorities, in this case, BBMP, is vital in ensuring a sufficient amount of the waste reaches the recycling centres. The need of the hour is to improve surveillance and crack down on illegal dumping.

The city is also lacking a strong and convenient collection system and a platform that can make collection, transportation, and other aspects of processing C&D waste convenient," said the expert.

FIR against production house of Kannada movie, 2 others for felling of trees in forest land

An FIR has been registered against the production company of a Kannada movie and two others in connection with felling of trees in a forest land here, where a set was erected for its shooting, officials said on Tuesday.

The FIR was registered as per the directions of the VIII Additional Chief Judicial Magistrate Court here, they said.

"As per court's order, a case has been registered by the forest department against KVN Monster Mind Creations which is producing the movie ('Toxic', starring actor Yash), the General Manager of Canara Bank and the General Manager of HMT limited," an official said.

Speaking to reporters here, Karnataka Forest Minister Eshwar Khandre said an investigation is on and after the probe, chargesheet will be filed against the guilty and subsequently, action taken.

"It is clear that crime has been committed as trees have been cut. Now after inquiry, further action will be taken," he said. Citing preliminary investigation, the Minister said that there is evidence for cutting of trees and investigation is on to find out who is behind it.

The matter came to light on October 29 when Khandre conducted a spot inspection of the site where a set had been erected for shooting of the movie. He had later directed officials concerned to take disciplinary action against those who permitted felling of trees in the forest land.

In a note to Additional Chief Secretary of Department of Forest, Ecology and Environment, he had said a total of 599 acres of reserve forest in Bengaluru's Peenya plantation 1 and plantation 2 is gazetted and it was illegally handed over to HMT (Hindustan Machine Tools) in the 1960s without de-notification.

He also quoted the Supreme Court as observing: "once a forest is always a forest unless de-notified."

The Minister also noted that the land that is in HMT's possession without de-notification is a part of the forest.

"HMT illegally sold the forest land in its possession to various government and private organisations and individuals and non-forestry activities take place here. The felling of trees in this forest area is visible from the satellite image," Khandre had said. **PTI**

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I Preeti Meharwade W/O, Prasad Dhongadi R/o A-301, Durga Rainbow Apt, Outer Ring Road, Near More Mega Store, Mahadevpura, Bengaluru, Karnataka - 560048, have changed my name to Preeti Prasad Dhongadi.

I, Bhavani Shree D/o Govindu P R/o 15, 3rd cross, Varanasi,TC Palya, KR Puram, B'luru 560036 have changed my name to Bhavani Shree Govindu Affidavit Dt.12/11/2024 Notary Harisha G, B'luru

I, Manasa Ranjan Sahoo s/o Natabar Sahoo R/o #910 Block-2 Wing-C Suncity Gloria Apt Carmelaram B'luru-560035 have changed my name to Manash Ranjan Sahoo vide Affidavit Dt:12/11/2024 before notary B S Padmaprasad, B'luru

I, Suresh R/a No. 1265, 8th A main road, Opp Renuka School, Prakash Nagar, Bengaluru-560021. Have changed my name from SURESH to SURESH ESHWARAN. Vide affidavit Date: 12.11.2024. Sworn before Notary: G. Dayananda.

I, Jagdish Chandra S/o Veerabadrayya Ganadal R/o - 124-2 Halapur Raichur-584120 have changed my name to Jagadish Chandra.

I, Shashikala Devi W/o Jagadish Chandra R/o -124-2 Halapur Raichur-584120 have changed my name to Shashikala.

I, Vivek Balakrishnan Iyer, R/o D-603, Rohan Jharoka, Behind Hal Airport, Yemalur, Bengaluru – 560037 have changed my son's surname (minor) from Keshav Vivek to Keshav V Iyer.

I, Rahul Prakash R/o No.65, 2nd floor, 6th cross, KR layout, JP Nagar, 6th phase, Bengaluru 560078 have changed my name to Rahul Prakash Menon Affidavit Dt.12/11/2024 Notary Harisha G, B'luru

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Return of Shaktimaan
Mukesh Khanna who is known for his iconic role as Shaktimaan recently was spotted in his superhero costume; he also announced that he's returning as Shaktimaan in theatres soon

Franchise fever

Kartik on roll with sequel hits, now eyes 'Aashiqui 3'

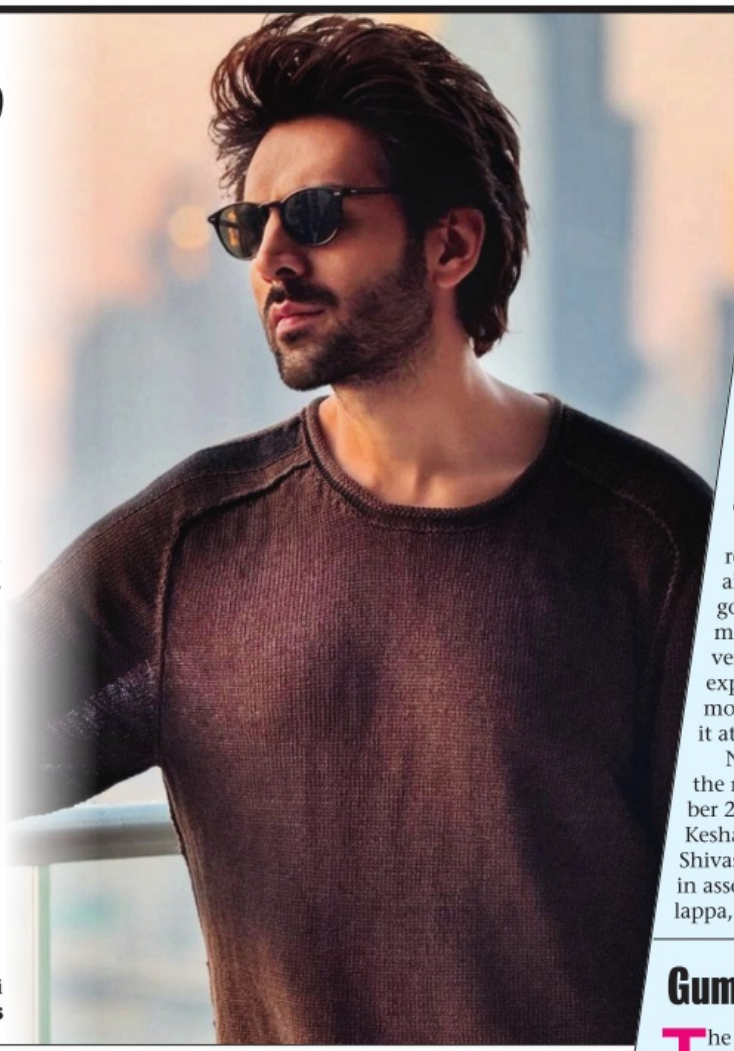
It seems Bhool Bhulaiyaa 3's recent triumph has shown Kartik Aaryan the power of leading a successful franchise to engage audiences. This insight has influenced his approach to his upcoming projects. As per the report in Mid-Day, the actor is eager for his romantic drama, originally conceived as 'Aashiqui 3' but later reworked as an independent film, to be brought back under the iconic 'Aashiqui' franchise. Kartik's decision reflects his belief in the franchise model as a compelling way to connect with fans and build on the legacy of popular cinematic series.

> "Kartik expresses his eagerness for upcoming romantic comedies"

Since the announcement of 'Aashiqui 3' in 2022, several developments have unfolded. Initially, Anurag Basu was set to direct the Aaryan-led love story, with Bhushan Kumar and Mukesh Bhatt as producers. However, a dispute arose between the producers over the rights to the franchise. By March of this year, Bhushan revealed that he would exclusively back the project, which was rebranded as 'Tu Aashiqui Hai'. As a result, the film was no longer considered part of the 'Aashiqui' franchise, marking a significant shift in the direction of the much-anticipated romantic drama.

Now, Kartik Aaryan seems to have added a new twist to the story. The report further added that the success of Bhool Bhulaiyaa 2 and 3 has strengthened Kartik's belief in the power of franchises. He has proposed to Bhushan Kumar that talks be initiated with Mukesh Bhatt to reclaim the 'Aashiqui' title. Kartik is confident that continuing the love story within the Aashiqui franchise will give it a significant boost. Furthermore, he's set to begin shooting for 'Pati Patni Aur Woh 2' soon and is also eager to work on a sequel to 'Sonu Ke Titu Ki Sweety'.

—ETimes



SANDALWOOD SHOTS
Y MAHESWARA REDDY

Big screen debut

Meet Nisha Ravikrishnan who graduated as a heroine from an anchor. Nisha, who hails from Sakleshpur and resides at RR Nagar in Bengaluru, has worked as an anchor for Chintu TV during her school days.

Nisha began her acting career with a lead role in 'Gattimela,' a Kannada teleserial that aired from 2019 to January 2024. Now, she got an opportunity to play the lead in the movie 'Anshu,' a psychedelic thriller. "I am very happy to play the lead in Anshu. It is an experimental movie. I am the solo actor in the movie. I am confident of moviegoers watching it at theatres," she said.

Nisha said that she is very excited to watch the movie along with audiences on November 21. The movie is directed by MC Channa Keshava, while Rathan Gangadhar, Sampath Shivashankar, and Kruthi Nanaiah bankrolled it in association with Cheluvaraj, Jayachandra Yallappa, Pramod Chinnaswamy, and Dr Madhuraj.

Gumti: Trailer unveiled

The team of Kannada movie 'Gumti' unveiled the trailer of the movie at a function held at SRV Preview Theatre a few days ago. The team has completed post-production work, and the movie is expected to arrive in theatres shortly. Speaking on the occasion, Vikash S Shetty, who bankrolled the movie, said that an attempt was made to showcase the traditional arts of coastal Karnataka. "The movie has come out well. I am sure that audiences will like the content of the movie," he said.

Sandesh Shetty Ajri has directed Gumti apart from writing the script, screenplay, and playing the lead. "The movie revolves around the Kudubi community. Gumti is also known for an ancient musical instrument used by the Kudubi community. The movie will also highlight the clash between tradition and modernity," he said, adding that Gumti has already created a buzz among moviegoers. "Tickets for 24 shows in and around Udupi district were already sold out much before the movie was released at theatres," he said.

Silent love story

Bollywood actors Siddhant Chaturvedi and Triptii Dimri have officially started work on 'Dhadak 2', the much-anticipated sequel to the 2018 hit 'Dhadak' starring Janhvi Kapoor and Ishaan Khatter. The new on-screen duo was spotted on sets, marking the beginning of what promises to be an exciting cinematic journey.

In a few photos from the sets, Chaturvedi and Dimri are seen busy shooting their parts in what appears to be a college setting. Both actors, dressed down in jeans and tees with ID cards around their necks, were photographed while on the sets. Off camera, the two also obliged fans with pictures. A photo doing the rounds online sees Sid rocking a curly hairdo while posing with a fan on the sets. The same fan also posed with Triptii and shared the photos for all to see. "Here comes a silent love story into your hearts coming 22 November DHADAK 2," he captioned the post.

The 'Dhadak' sequel was confirmed by filmmaker Karan Johar in May when he shared a poster of Siddhant and Triptii and wrote in the caption, "This story is a little different because there was a king, there was a queen - the caste was different ... The end of story."

Directed by Shazia Iqbal, the film reportedly explores barriers of class and status stitched in the minds of societies, underscoring a narrative of love that can never be fulfilled. The project, initially scheduled to release in theatres on November 22, 2024, was reportedly delayed, prompting the makers to eye a new 2025 release date.

—ETimes

Purest, pawful bond

Priyanka Chopra Jonas recently gave fans a sneak peek into her routine when she gets home from work. Taking to her Instagram Stories, the desi girl shared a cute video of her beloved pet, Diana Chopra Jonas, playing with a stick. Alongside the clip, Priyanka wrote, "Me when I come home from work @dianaChopraJonas." The actress frequently shares adorable photos and videos of her pets. She also added Eric Carmen's song "Hungry Eyes" to the video.

Priyanka and her husband, Nick Jonas, are parents to three pets: Diana, Panda, and Gino. In an interview, the 'Baywatch' actress opened up about her special bond with Diana. Although she loves all three of her pets, she admitted that Diana holds a unique place in her heart. Reflecting on their connection, Priyanka shared that Diana was the first pup she fully took care of. She also revealed that Diana came into her life during a tough phase-she had recently moved to the US, was grieving her father's passing, and felt isolated as she adjusted to a new life. Diana is from North Shore Rescue in New York.

Meanwhile, PeeCee, who is an avid social media user, recently shared a glimpse of her past week with fans. She posted a series of photos from the week with a playful caption: "This past week was: 1) when the glam slaps, 2) oh hello pelvic bones, haven't seen you for a while, 3) it's almost that time, 4) skin prep before starting makeup, 5) so pretty, 6) 'I'm a rainbow ghost' - MM, 7) my daughter is funny!, 8) Diana's eyes, 9) 'My family, I gotchu everyone.' I'm not crying... you are."

On the work front, Priyanka will next be seen in the upcoming comedy film "Heads of State", alongside Idris Elba and John Cena. She's also set to take on the role of a pirate in "The Bluff", co-starring Karl Urban. Additionally, the actress will return in the second season of her popular Prime Video series, "Citadel.".

—ETimes

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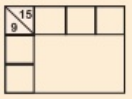
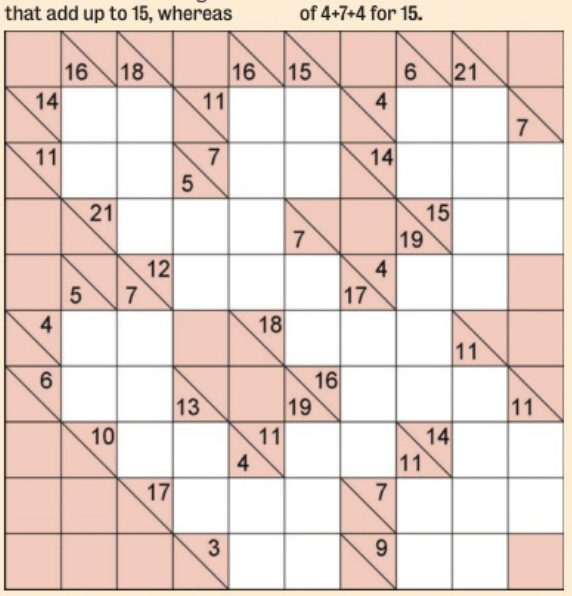
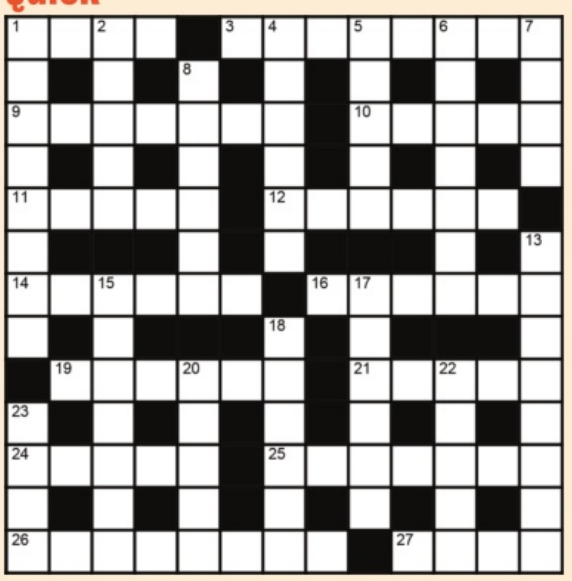


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Inter Cont. Ballistic Missile (4)
3 Blameworthy (8)
9 Hospital on Airport road (7)
10 Large publications (5)
11 Tactless (5)
12 Middle Eastern language (6)
14 Enticing (6)
16 Be able to spare? (6)
19 New World Symphony composer (6)
21 Pace (5)
24 Relaxes (5)
25 Putin's compatriot (7)
26 The pleasure principle (8)
27 Exploited or availed of (4)

DOWN

1 Unable to move (8)
2 African tongue (5)
4 Do a stevedore's job (6)
5 Capital of Bihar (5)
6 Italian baby (7)
7 Not difficult (4)
8 Absolutely right or accurate? (4-2)
13 United or touched along a border (8)
15 Re-examined to improve or amend; edited (7)
17 Fixation (6)
18 ___ and blouses : feminine attires? (6)
20 Gone up (5)
22 Cripples or mutilates or disables (5)
23 Roguish, waggish (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: P EQUALS G

IVY ZA TXY I AYOFM XU JXA-ZYZGL VLINZYM, ZY ZA YWL ALLQZTP UXV ZFLIN YVOYW.

Linemaro

I wish I were your coronary artery, so I could be wrapped around your heart

Mindchow

Do not search for the treasure; the treasure chest is in you

Joke of the day

Hunger: Condition produced by five minutes of continuous studying.

Loop

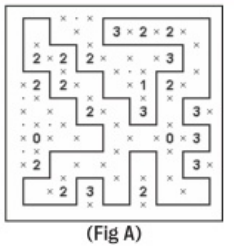
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

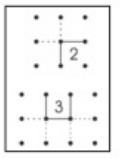
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

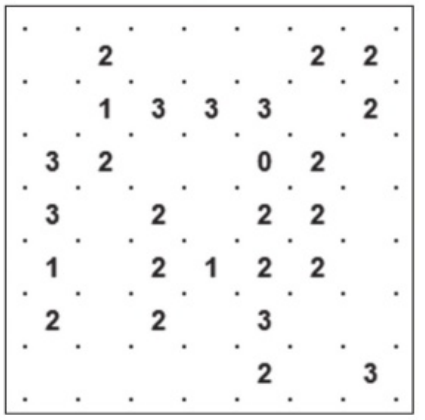
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



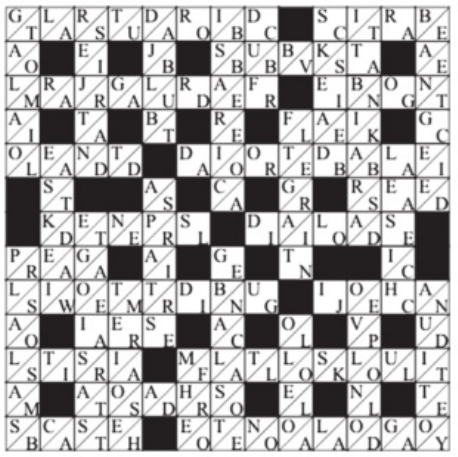
(Fig A)



(Fig B) Not Allowed



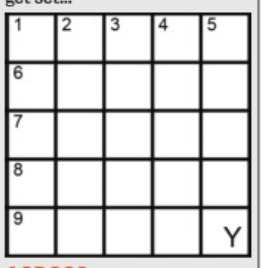
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

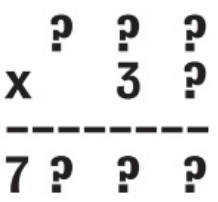
1 Rev is; 6 Ena me; 7 Glues; 8 Leans; 9 Dr Lay

DOWN

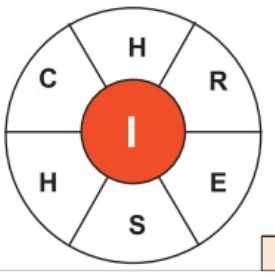
1 Leger; 2 Ulna I; 3 Laver; 4 Me den; 5 Says S

Mensapuzzle

This multiplication table contains all the numbers from 1 to 9. Can you complete it



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; 06 Good; 08 Outstanding

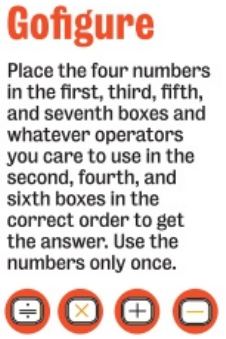
SudokuChallenge

			4					3
5	9		1		3			7
						8	9	5
					7	9		
4		3				1		8
		8	6					
7	5	2						
8			7		4		6	9
6					5			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 11

1 2 6 6

Medium = 5

2 7 8 8

Hard = 15

4 5 5 4

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Foot is moved. 2. Arm is longer. 3. Sleeve is longer. 4. Roof vent is moved. 5. Tree is larger. 6. Car's bumper is larger.

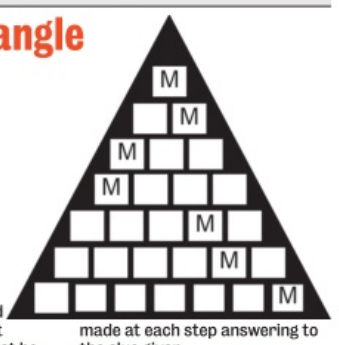
Riddler

Given below are five pairs of words. Each pair sounds similar, but have different meanings (they are homonyms). Can you find them?

Lift high–Bring down, destroy
Plant with ears–Labyrinth Burial/Cremation formalities–Uses a pen and paper and forms legible words
To communicate with God–Carnivore's target
Watery part of milk that separates when milk turns to curds–The route or the course travelled from one place to another

Alpha triangle

1 Molarity
2 Sacred mantra
3 Apr. and Aug.
4 Crowds
5 Up times
6 Flourishes
7 Flower

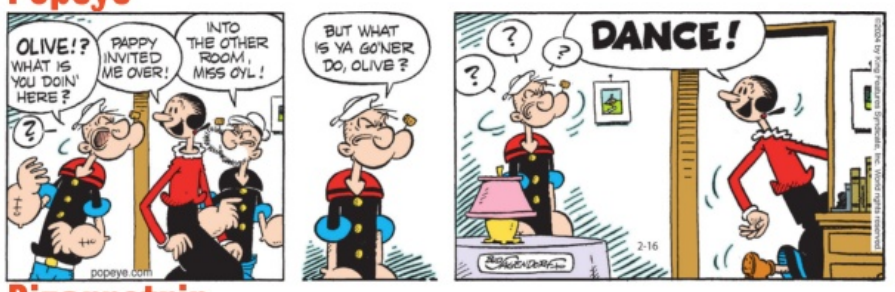


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye



Bizarrotrip

"Chain of command" sounds so rigid. I'd be more inclined to respect a thread of suggestion.
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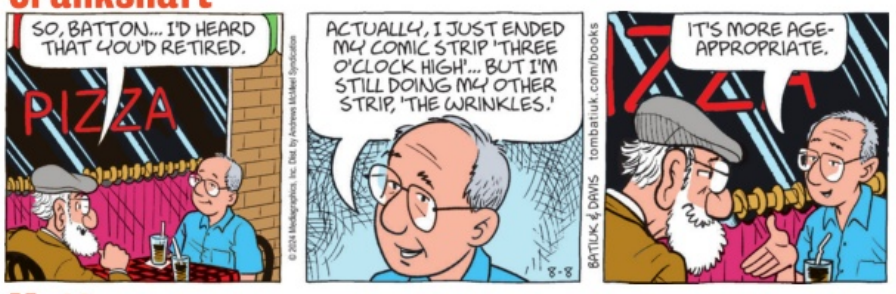
Wayno & Piraro 8-8-24

Diamond Lil

Hart of the city

I'M NOT SURE I'LL MAKE IT TO YOUR PARTY. MY SISTER IS TAKING A HIGH SCHOOL MAKEUP COURSE, AND I NEED TO BE A GUINEA PIG.
THEN GET HER A GUINEA PIG! THE PET STORE IS ONLY A BLOCK AWAY!
DID YOU KNOW SOME EXPERTS RECOMMEND THAT YOU GET TWO GUINEA PIGS AT A TIME CUZ THEY GET LONELY?
THANK YOU FOR THAT VALUABLE INFORMATION, CHARLOTTE.
CONSIDER IT AN EARLY BIRTHDAY GIFT.
BEAST OF THE CITY © 2024 ANDREWS MCMEEL
@COMICS.COM/HEARTOFTHECITY

Crankshaft


SO, BATTON... I'D HEARD THAT YOU'D RETIRED.
PIZZA
ACTUALLY, I JUST ENDED MY COMIC STRIP 'THREE O'CLOCK HIGH'... BUT I'M STILL DOING MY OTHER STRIP, 'THE WRINKLES.'
IT'S MORE AGE-APPROPRIATE.
BATIUK & DAVIS tombatiuk.com/books
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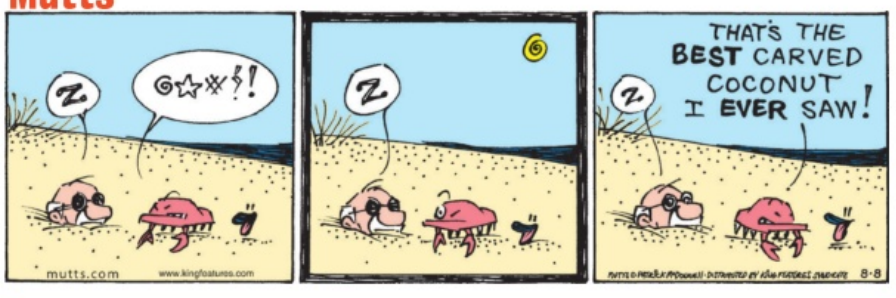
8-8

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, your creativity may be high, and you might attend a creative event. Stuck funds may be recovered. Job seekers are encouraged to update their professional knowledge, and students should put in extra effort in their academics.

Taurus Apr 21 – May 20
Today, you may feel a bit dull due to lack of sleep, making it difficult to focus on your goals and affecting your efficiency. You may plan a visit to a religious place. By evening, with blessings from elders, you might gain clarity on your mistakes and make a better plan for the next day. It's advised to take care of your parents' health.

Gemini May 21 – Jun 21
Today, you may be in a hurry, so it's best to drive carefully. With elders' blessings, you'll likely come out of any messy situations. Romance may be in the air, bringing harmony to your love life. Positive developments in partnerships are likely, and lovebirds may enjoy happy moments. Students could receive good academic news.

Cancer Jun 22 – July 23
Today, your subordinates may be supportive, helping you complete pending projects. You might join a social event, expanding your network, which could benefit your work or social life. Outings with friends could be on the agenda, and any disputes with them may be resolved. Students should avoid being careless.

Leo Jul 24 – Aug 23
Today, try to avoid spending your hard-earned money on non-essential items, as it may affect your savings. Avoid expecting too much from those around you, as unmet expectations could lead to disappointment and strain in relationships. It's advised to be mindful of your tone during family discussions.

Virgo Aug 24 – Sep 23
Today, you may feel energetic and strong, enhancing your performance and helping you complete tasks on time. This may bring you happiness and could lead you to help someone in need with your advice. Your reputation may grow, and you may find a good balance between work and home life. Those in import-export, trading, or strategy analysis may do particularly well.

Libra Sep 24 – Oct 22
Today, you may find yourself lost in fantasies, which could lead to indecision and disturbance, affecting ongoing projects. Financial issues may impact your work, so it's advised to be practical and avoid daydreaming.

Scorpio Oct 23 – Nov 22
Today, you're blessed by the moon, and small investments could bring significant profits. Your work efficiency may be high, allowing you to succeed with less effort. Some good news in legal matters is likely, and you may have full control over opponents and rivals.

Sagittarius Nov 23 – Dec 22
Today, with the moon's blessings, even small efforts may bring success. Profits from past investments are likely, and your hard work may be recognized in both your professional and personal life. Your reputation may grow, and innovations in business could be on the horizon. Any disputes with your spouse are likely to be resolved.

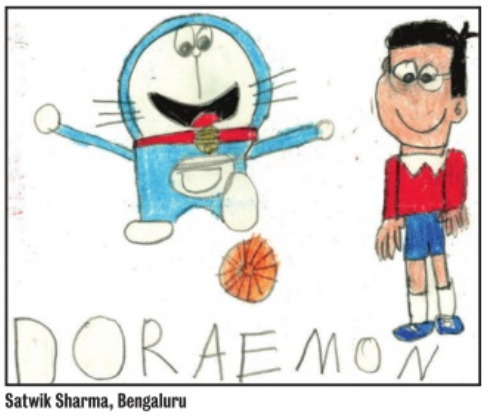
Capricorn Dec 23 – Jan 20
Today, you may feel better as situations come under control. Your network may be helpful at work, and you may plan for overseas travel. This is a good time for increased harmony in your domestic and love lives. With creativity, you may bring home artwork or something special for the family, or plan to watch a movie or go out with friends or family.

Aquarius Jan 21 – Feb 19
Today, you might feel tired from overwork, which could lead to laziness and carelessness. Patience is advised. If you're planning an adventure trip, consider postponing it. Past investments may not yield the expected returns. Students should put in extra effort. You may experience back pain, nerve issues, liver concerns, or skin issues.

Pisces Feb 20 – Mar 20
Today, your creativity may be high, and you might plan to renovate your home. You may buy items to improve your house or office, potentially boosting your social status. Harmony with your spouse is likely, which brings peace to your domestic life. Disputes with friends, coworkers, or partners may settle down, and you may receive positive news regarding legal matters.

KIDZONE

Dhruti P Patil, Bengaluru



Satwik Sharma, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
(-6)^4 = 6 x 6 x 6 x 6 = 1296

BULL'S EYE
CHERISH, heir, hire, rice, rich, rise, shire, sire

STRIKE OUT

S	A	S	H		O	E	N	O	L	O	G	Y		
M	T	S	E		L	T								
L	I	S	A		F	A	L	L	S	O	U	T		
A	I	R	E		C	O	V		U					
S	W	O	T	T	I	N	G		J	O	H	N		
P	E	G	I		E	T		C						
K	E	E	P	S		D	I	O	D	E				
S		S	A		G	R	E	E	D					
L	A	N	D		A	I	R	E	D	A	L	E		
I	A	T	R		L	E	K	G						
M	A	R	A	U	D	E	R		I	N	O	N		
A	E	B	U	B	K	A		A						
T	A	R	T	A	R	I	C		S	T	A	B		

FAST FIVE

R	I	V	E	S
E	L	A	N	S
G	U	L	E	S
E	N	E	M	A
L	A	R	D	Y

RIDDLER
Raise - Raze, Maize - Maze, Rites - Writes, Pray - Prey & Whey - Way

QUICK

H	E	D	O	N	I	S	M		U	S	E	D		
		O		O										
B	L	U	N	T		A	R	A	B	I	C			
		T		O		N		B		Y				
M	A	S		N		A		A		A				
M	A	N	I	P	A	L		T	O	M	E	S		
		E		T				H		M		E		
R	E	S	T	S		R	U	S	S	I	A	N		
A		I		I		I		A		I				
		D	O	V	O	R	A	K		T	E	M	P	O
		E		E		S		E				J		
L	U	R	I	N	G		A	F	F	O	R	D		
		I		O		D		N				A		
B	L	U	N	T		A	R	A	B	I	C			
		O		T		O		N		B		Y		
M	A	N	I	P	A	L		T	O	M	E	S		
		E		T				H		M		E		
I	C	B	M		C	U	L	P	A	B	L	E		

MENSA PUZZLE

1 8 6
X 3
1 6 7 4
7 2 5 4
5 5 8
186 X 39 = 7254

QUOTE UNCODE
Art is not a study of positive reality, it is the seeking for ideal truth.

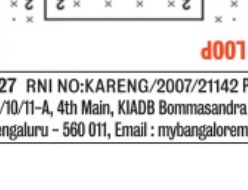
SUDOKU

2	8	7	4	5	9	6	1	3
5	9	6	1	8	3	4	2	7
3	1	4	2	7	6	8	9	5
1	2	5	8	4	7	9	3	6
4	6	3	5	9	2	1	7	8
9	7	8	6	3	1	2	5	4
7	5	2	9	6	8	3	4	1
8	3	1	7	2	4	5	6	9
6	4	9	3	1	5	7	8	2

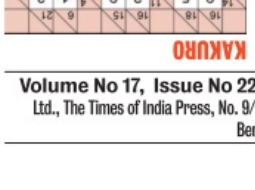
ALPHA TRIANGLE
M, Om, Mos, Mobs, Booms, Blooms, Blossom.

GO FIGURE
Easy
6 + 6 - 2 + 1 = 11
Medium
8 - 2 - 8 + 7 = 5
Hard
4 - 5 + 4 x 5 = 15

LOOP



KAKURO



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